

A QUARTERLY
NEWSLETTER
BRINGING YOU
THE LATEST
UPDATES FOR
THE GREATER
PHILADELPHIA
CHAPTER OF
ACRP

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**INSIDE
THIS ISSUE:**

April Dinner Meeting Wrap-Up	2
Committee Updates	3
ACRP Philly Receives Award	3
Membership Incentives	3
March Dinner Meeting Wrap-Up	4
Contest	4

Notes from the Chapter President...



What an incredible year it has been for the ACRP Greater Philadelphia Chapter.

With the help of six new chapter volunteers, we have already increased our membership by 20 percent, added new and exciting dinner meetings, planned a second annual 2-Day conference, and an RPS sponsored

networking event, and we now bring you this quarterly newsletter.

How does all this activity in the chapter culminate? **The Greater Philadelphia Chapter has won the 2010 Outstanding Chapter Award from the ACRP Board of Trustees!** Congratulations to all of our fantastic volunteers who made this possible. We are so very proud.

Call for Volunteers:

My personal mission this year is to double the organization size by continuing to increase membership, widening the scope of our professional development events and recruiting additional volunteers. One idea I have is to locate a web meeting chairperson who will join our team to organize and implement remote learning opportunities. I envision Greater Philadelphia sponsoring these web opportunities but they will be attended by the wider global ACRP audience. I would also like to find a documentation chairperson who would join our team and create a chairperson manual for each position to make it easier to transition board and volunteer positions each year. If you are interested in volunteering your time and skills and gain a leadership role to add to your CV, please contact any board member on our website. Everyone has an opportunity to shine in the Greater Philly chapter!

Call for Board Membership:

It's not too late to consider running for an office on the board of the Greater Philadelphia Chapter for the 2011 calendar year. Candidate biographies will be printed in the October edition of the newsletter and elections will take place in December 2010. This could be your next great adventure! If you are interested in running for office, please send a short biography and picture to newsletter@acrp-philly.org.

-Sandra DiGiambattista

Greater Philadelphia's Signature Event Returns!

**ACRP Philly Presents:
"Tips, Tricks and Tools of the
Clinical Research Trade"**

Join over 100 of your Clinical Research colleagues from the Greater Philadelphia area. In the interest of professional development, we plan to provide members with a 2-Day comprehensive learning experience including topics from all aspects of clinical research.

12 Continuing Education Units are available if you attend both days of the conference!

Lambertville Inn is located in scenic Lambertville, New Jersey. Only the Delaware River separates the Inn from New Hope, Pennsylvania and its shopping and history.

**May 6-7, 2010
Lambertville Inn
Lambertville, NJ**

**Register Online at:
[http://www.acrpnet.org/GetInfoFor/
USChapters/GreaterPhiladelphia.aspx](http://www.acrpnet.org/GetInfoFor/USChapters/GreaterPhiladelphia.aspx)**

**For more information, email
conference2010@acrp-philly.org**

Business Writing Presentation— Participant Perspective

By Neil Goldman

Christopher Maya, Project Manager at Covance Periapproval Services, presented a writing style guide that is currently instituted in his company during the April meeting.

Most of the tips provided were notes on “good grammar” and made a lot of sense. Some of the tips were even a “revelation” to me! Kudos goes to Chris for bringing several hidden, but crucial, subjects to light for us all to consider, and further utilizing our newfound skills in group activities.

Proper business writing is a subject few of us like to think about, but is one of critical importance. During the session we learned about research writing grammar and style guidelines. While attending the session, I considered the protracted argument I was once pulled into when employees took sides and argued for quite some time (at least an hour) over

whether “CRA’s” or “CRAs” was the correct spelling for the acronym of Clinical Research Associates. When we refer to ourselves, are we CRAs or CRA’s? After this presentation, I know which is correct (CRAs) and I also know I will be looking critically at this presentation with the intent of instituting a similar style guide at my next position!

This dinner meeting was hosted by Endo Pharmaceuticals, in Chadds Ford, PA, who graciously provided sandwich wraps, salad, and cookies for our session, set in one of their large, technology-equipped conference rooms.

The Greater Philadelphia Chapter sincerely thanks Deirdre BeVard, Vice President Clinical Operations and Data Management at Endo Pharmaceuticals, for making it possible for our chapter’s first event in the “West”.

QUOTE OF THE MONTH:

“Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality.”

-Jonas Salk



Tips for Effective Business Writing

By Chris Maya

Be aware of your audience.

Understand who you are writing for, whether it is a department or a person. Place yourself in the audience’s shoes, and understand what questions the audience will have based on your communication to them.

Understand the impact of “state of being” verbs.

These verbs can bore and confuse the reader. They may lead the reader to ask, “Is, what?” and “Was, what?”. Ensure action is described vividly for clarity.

Understand the Pyramid Principle.

The Pyramid Principle is discussed by Barbara Minto in her book by the same name. Recognize that the mind makes sense of a number of items by pre-sorted pyramidal groupings, much like a grocery list that the mind categorizes by the corresponding sections of the grocery store. Provide high-level details first and control the sequence of how ideas are presented to the reader, and don’t “beat around the bush.”

Be positive.

Childrearing books tell you to communicate to children positively. Adults are grown up children, so the same style works. Tell the reader what they can do, not what they cannot do, and provide options, not roadblocks.

Use ordinary words.

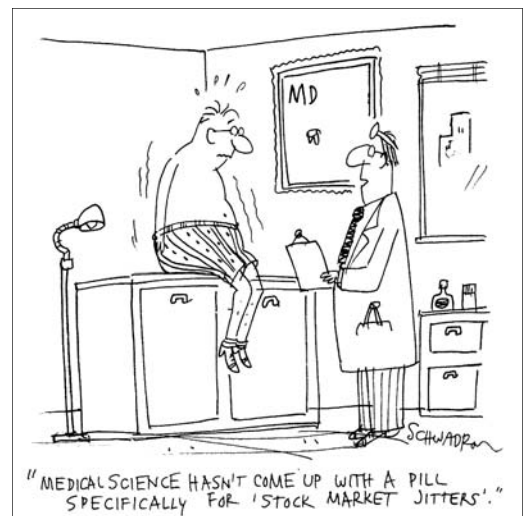
Using more complex or “Latinated” words to show intelligence can make writing unclear and adds variability to interpretation.



Chris Maya and Deirdre BeVard

Photo by Sandy DiGiambattista

Humor Connection



Spring Chapter Committee Chairman Updates

Membership Update: Gina Rothenberger

We are on our way to exceeding our goal of 50 new members in 2010!

	January	February	March	Total
New Members	5	5	13	23
Renewals	3	5	15	23

2010 Membership Incentive

Now is a great time to join our professional organization! As a special incentive in 2010, new members of the ACRP Philly Chapter will receive a free pass to attend the next continuing education dinner meeting with a proof of membership (a screen print from the website will do). Please help us by sharing our 2010 membership incentive with 5 of your colleagues.

Web Update: Dan Schmincke, Webmaster

Do you know our Website Capabilities?

One of our priorities this year is to focus on fully utilizing our website capabilities provided to us by ACRP Global. Our intent is to make the site more user friendly for our members. We will facilitate increased updates and communication throughout the chapter and allow our members to preview upcoming events.

With the focus of registering for upcoming events, a lot of questions have surfaced regarding the benefits of PayPal. PayPal makes sending payments for events as easy as sending an e-mail with a secure site to manage the process. With this system, the Chapter Board is able to manage attendance, and confirm transactions and disputes in a timely manner.

We are open to hearing feedback regarding suggestions, improvements, and any other issues about the website. Please feel free to contact me with any questions.

GREATER PHILADELPHIA CHAPTER TO RECEIVE AWARD

The Board of Trustees of the Association of Clinical Research Professionals has selected the Greater Philadelphia Chapter of ACRP to receive the Outstanding Chapter Award for 2010.

This award is given to a chapter that participates in ACRP activities, organizes chapter events, and recruits new members to the chapter.

The award will be presented on Monday, April 26th at 11:00 AM in the Tampa Convention Center in Tampa, Florida during the Global ACRP Conference.

Dan Schmincke, our esteemed webmaster, will accept the award on behalf of the chapter.

Congratulations and thank you to our board and volunteers for making this achievement possible!



Important Reasons to Volunteer for ACRP Philly

By Kathy Goin

Volunteer efforts are undoubtedly good for the resume!

Distinguish yourself from your clinical research professional colleagues by publicly demonstrating your support for the clinical research industry. ACRP is a volunteer-based professional organization which allows professionals to develop applicable skills that are directly transferable to work situations.

Volunteering with ACRP will provide abundant and unparalleled networking opportunities with exciting clinical

research professionals from sponsor companies, contract research organizations, community and academic research sites, and staffing companies.

There are multiple reasons to consider volunteering for your local ACRP chapter. Consider the research done by John Wilson and Marc Musick that is summarized in the article "The Effects of Volunteering on the Volunteer" in Law and Contemporary Problems, Autumn, 1999. This research demonstrates that volunteering promotes citizenship, improves physical and mental wellbeing,

and raises occupational achievement all due to the social integration and the community support volunteering facilitates. The authors conclude that positive effects of volunteerism last long after the individual volunteer effort is complete.

Please join our effort to advance professional development in clinical research with our local ACRP chapter. Based on your level of volunteerism, you will be eligible to receive free admission to some of our local ACRP events that you are helping to organize!



Check us out online:

<http://www.acrpnnet.org/GetInfoFor/USChapters/>

[GreaterPhiladelphia.aspx](http://www.acrpnnet.org/GetInfoFor/USChapters/GreaterPhiladelphia.aspx)

UPCOMING MEETINGS

DINNER MEETINGS:

June 8

State of the Monitor
Scott Freedman, Monitorforhire.com
Covance, Conshohocken, PA

September 16

Use of Imaging in Clinical Trials
Dr. Rick Patt, RadMD

October 28

What to expect before, during, and after an FDA Audit
Mike Rashti, FDA Inspector

November 18

Clinical Research Coordinator Career Pathways (Joint meeting between industry and academia)

Dec 2

Annual Networking Meeting

EDUCATIONAL CONFERENCE:

May 6 – 7th, 2 day Conference

"Tips, Tricks and Tools of the Clinical Research Trade"
Lambertville Inn, Lambertville, NJ

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Connection Contest

Can you name the idea discussed in Barbara Minto's book?

Be the first to email newsletter@acrpn-philly.org with the correct answer and receive free admission to our next dinner meeting!

March: Laugh Yoga Entertains and Relieves Stress

By Linda Ubelacker

The ACRP Philly Chapter March networking session was held at ReSearch Pharmaceutical Services (RPS) in Fort Washington on Tuesday March 23rd. The evening offered an opportunity for ACRP members to meet with employees of RPS, network and enjoy sandwiches and hors d'oeuvres with their colleagues. A short Laugh Yoga Workshop followed.

Melanie Galioto, the director of *Laugh Yourself Philly: Laugh Your Way to a Better Day*, was the laughter coach for the evening using laughter to help create "happy" chemistry.

Laugh Yoga is not a traditional type of yoga. Laugh Yoga is a fun form of exercise that combines laughter with movement and breathing to help reduce stress, strengthen the immune system and improves well-being and self-confidence. Interaction with other participants during the workshop helps to improve communication skills and promote teamwork.



Melanie Galioto,
Laugh Yourself Philly

Business demands and constant change in today's workplace often require employees to work longer hours with fewer resources creating stress. It is estimated that up to 90 percent of all doctor's visits in the US may be triggered by stress related illness says the Centers for Disease Control and Prevention. Laugh yoga helps relieve these stressors and is practiced in over 60 countries by people from all walks of life. To learn more about the benefits of Laugh Yoga:

www.laughyourselfphilly.com



Thank You RPS!

ACRP Greater Philadelphia Chapter would like to formally thank our sponsor, ReSearch Pharmaceutical Services, for making this networking event possible.

The RPS team, in alphabetical order: Joe Arcangelo, Chris Baselice, Andrea Christman, Diana Gilmore, Rose Lamelza, Daniela Modesto, Joe Perlman, Michael Shelton, Phil Spinosa, Jessica Tepfenhardt, Danielle Tolley and Jenny VanSant.

Photos by Linda Ubelacker